

Enterprise Working Group

To see all the upcoming training courses, or to book your place, visit www.irdduhallow.com or please contact **Monica on 029-60633**. Duhallow Skillnet courses are co-funded by the Government of Ireland and European Union. To learn more, visit www.eufunds.ie

Upcoming Training Courses

Our courses are part-funded through IRD Duhallow Skillnet's TNP, ESF+ and Skills Connect Programmes.

Course Title	Date	Details
AI Productivity for Business	9th June 2026	10am-1pm, Online Workshop.
Bachelor of Education (hons) in Early Childhood Education & Practice (QQI L8)	Commencing Sept. 2026	Nine month duration, suitable for professionals working in Early Childcare Education with an existing L7 qualification.
QQI Level 5 Healthcare Support (Free of charge for people seeking work)	Commencing in Sept. 2026	Monday to Thurs. 9.30am to 2.30pm Learner who are looking to pursue a career as a Health Care Assistant in a hospital or nursing home. Course Information Session on Thurs. 11th June at 7pm in the James O'Keeffe Institute, Newmarket.
QQI Level 5 Business Administration Course (Free of charge for people seeking work)	Commencing in Sept. 2026	Nine-month duration, Part-time evening course. Course Information Session on Tues. 30th June at 7pm in the James O'Keeffe Institute, Newmarket.
QQI Level 5 Early Learning & Care (Free of charge for people seeking work)	Commencing in Sept. 2026	One year, part-time Monday & Thurs. 6.30pm to 9.30pm This course is aimed at people who would like to qualify and start working in a childcare setting. Course Information Session on Thurs. 18th June at 7pm in the James O'Keeffe Institute, Newmarket.
QQI Level 7 Introduction to Sustainable Dairy Development for Farmers	Commencing in Sept. 2026	12 week online course (with two in person sessions at UCC/On farm). Course content: Greenhouse Gas Emissions, Water Quality, Adaptation & Mitigation, Soil Science,

These and all our upcoming training courses are available to book on www.irdduhallow.com events page.
 Email: duhallowskillnet@irdduhallow.com Phone: 029-60633.

IRD Duhallow SICAP Business Mentoring Programme

Thinking of starting up a business? Why not avail of advice and guidance from the mentors on the IRD Duhallow mentor panel. This programme is open to start-ups or existing businesses within Duhallow area. Businesses can receive up to 10 hours one-to-one mentoring time with an experienced advisor.

For more information, contact **Monica on 029-60633** or monica.gilmore@irdduhallow.com

Employment and Training Working Group

IRD Duhallow is currently seeking expressions of interest for an upcoming **Podcasting Training Programme**, designed to support individuals, businesses and community groups to develop their own voice and share their stories. This practical course will cover everything from planning and storytelling, to recording, editing, publishing and promotion. Whether you are starting from scratch or looking to build on an idea, this training will give you the skills and confidence to get started.

If you would like to take part, register your interest today: louise.bourke@irdduhallow.com

SICAP - IRD Duhallow Job Centre

We are here to help and give advice with: CV's, Interview Skills, Career Guidance and Courses

IRD Duhallow's Job Centre is here to help those who are unemployed. Our Job Centre can offer guidance and support on how to apply for vacant positions and can offer assistance with updating CV's and provide interview skills. We can also offer advice on career direction or undertaking online courses. **If you would like support at this time please contact Ciarán at 029-60633.**

IRD Duhallow is supporting job seekers & the Ukrainian community in the Duhallow region to source employment.

If you are an Employer with job openings, please contact Yuliia, Mariia, Ciarán on 029-60633.

If you are seeking employment visit www.irdduhallow.com/employment-training/ird-duhallow-job-centre/vacancies/ where positions are advertised.

IRD Duhallow CE Scheme has five vacancies; Stores Person in the James O'Keeffe Institute, Newmarket; Kiskeam Village General Operative; Circular Cups Assistant in the James O'Keeffe Institute, Newmarket; Cullen Village General Operative; and Discover Duhallow Delivery & Collection Driver / General Operative in the James O' Keeffe Institute, Newmarket.

Please contact your local DSP Activation Officer at Employment Services / Intreo Office to check your eligibility & to apply for the vacancies or contact Paddy or Amanda, at 029-60633 for further information.

SPECIAL POINTS OF INTEREST

Western Duhallow Election to Board of IRD Duhallow

Summer Camps

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Community Development Working Group

Western Duhallow Election to the Board of IRD Duhallow

The **Western Duhallow Election & Community Forum Meeting** will take place on **Tuesday 23rd June in Ballydesmond Community Centre at 8.00pm.**

On the night, two representatives will be elected onto the Board of IRD Duhallow to represent the needs of communities in the region. One from the Cork side of Western Duhallow and one from the Kerry side. Communities are reminded of gender balance when putting forward nominations. **All nominations to be submitted to Helen O'Sullivan at helen.osullivan@irdduhallow.com by Tuesday 16th June 2026.**

A Community Forum meeting will also be held to discuss the needs and issues in Western Duhallow. This information evening is open to all. Western Duhallow comprises of the following communities: **Ballydaly, Ballydesmond, Boherbue, Cullen, Gneeveguilla, Kiskeam, Knockclarig, Knocknagree, Meelin, Rathmore, Rockchapel, Taur, Knocknaboul, Toureencahill, Ballinahulla, Shrone, Foilogohig and Glash.**

Hedgehog Conservation Talk

IRD Duhallow will host a talk by **Hedgehog Conservation Ireland** on **Friday 12th June at 11am to 12.30pm in the James O'Keeffe Institute, Newmarket.**

Please contact **David O'Connor at 029-60633** to register your interest in attending.

IRD Duhallow Led Walk

An organised led walk will take place on a section of the Duhallow way on **Wednesday 17th June, meeting at Shrone church at 6.45pm.** This will involve walking a boggy area so under foot conditions may be difficult depending on the weather and boots will be necessary. Tea and Coffee after the walk as usual. **Registration is essential Please phone 029-60633 or 086-0849955 for registration.**

Duhallow Community Food Services at the James O'Keeffe Institute, Newmarket provides a home delivery meal service for the elderly & for those recuperating. Meals can be booked on a long or short term basis. **Dinner & Dessert cost €9.50 delivered Monday to Friday.** Chilled meals are also available to heat up at home.

Duhallow Community Food Services also provide a wide range of hot and cold food for home catering and for parties and special occasions as well as functions in community centres and a variety of customised menus to suit every budget.

Our Restaurant is open Monday to Friday from 8.00am to 6.00pm and Saturday from 9.00am to 4.00pm. We have an extensive and exciting Menu available all day or for takeaway if you prefer. We have a **Brunch Menu** available on **Saturdays 9.00am-4.00pm.**

We also have an extensive range of delicious cakes, buns and pastries available from our bakery daily.

Enjoy **Afternoon Tea** in our Restaurant from 2.30pm Monday-Saturday. Booking Essential. **For details please contact Linda, Hilary or Olive at 029-76375.**



The Social Inclusion and Community Activation Programme (SICAP) is co-funded by the Irish Government, through the Department of Rural and Community Development and the Gaeltacht, and the European Union through the European Social Fund Plus under the Employment, Inclusion, Skills and Training (EIST) Programme 2021-2027

IRD Duhallow Warmer Homes Scheme *Individual Energy Upgrades Grants*

There are home insulation grants available through the **Sustainable Energy Authority of Ireland** for homeowners and landlords whose properties were **built and occupied before 2011**.

These insulation grants are to assist homeowners to upgrade their home in an affordable manner and help save thousands of euros over the lifetime of the home. Works carried out include attic and cavity wall insulation.

Grants of up to €3,200 are available to qualifying households. IRD Duhallow will carry out a **free survey** on your property to determine what works can be funded.

For further information call Colm Crowley on 029-60633 or email whs@irdduhallow.com

Senior Alert Scheme - Personal Monitored Alarm

IRD Duhallow delivers the Seniors Alert Scheme in Cork and Kerry. It enables older persons (65yrs+) to continue to live securely in their homes by providing them with a **personal monitored alarm and pendant**. The alarm is supplied and installed free of charge along with one year of monitoring. However, if there is no suitable landline available and a mobile signal is used to connect the equipment to the monitoring providers, a fee will be charged annually for the SIM credit.

To apply, contact Julie or Colm on 029-60633 & press 3 for personal alarm queries.

Duhallow Community Laundry at the James O'Keeffe Institute, Newmarket is a top quality service available to all including the elderly, carers, those with a disability, those in receipt of a social welfare payment & low income families. Laundry can be dropped into our facility in Newmarket during our opening hours Mon. to Fri. 9.00am-5.30pm. If you require your laundry to be collected and returned to your home, this can also be arranged, **for more details call 029-60633 and press 1 for Laundry.**

IRD Duhallow Furniture REVAMP Your one stop shop for Quality pre-loved furniture!

We currently have a wide selection for all your furniture needs, from suites to tv units, chairs to storage units.

Our collection and delivery service is there for your convenience and there is a discount available for individuals in receipt of a social welfare payment.

Do you have a piece of furniture in need of some attention? If so you can avail of our restoration & upholstery service. For more information, **send a picture to revamp@irdduhallow.com, Whatsapp 087 4665817 or contact Jessica on 029-60633 ext.2**

Do you have items of furniture in good condition that you no longer need? We would gratefully accept your donations, just **send a picture to revamp@irdduhallow.com, Whatsapp 0874665817 or Contact us at 029-60633 ext.2** and visit us on Facebook: IRD Duhallow Furniture Revamp.

RELOVE PAINT - Our award winning Relove paint project offers a huge choice of colours of interior paint for redecorating this summer. Of great quality and at only €15 per 5ltr, it will brighten up any space and won't break the bank!

IRD Duhallow Rural Community Health Walking & Social Club welcomes you to come along for a walk and a chat. We meet every Monday and Wednesday at The Island Wood Carpark in Newmarket.

On Monday, the group meets at 12noon. On Wednesday the walk starts at 11.00am and afterwards the group meets up at 12pm in the James O'Keeffe Institute in Newmarket for a well-earned cup of tea/coffee and a scone/bun.

There is a choice of 2 walks, 30 minutes and the longer walk takes 60 minutes approximately. New members are always welcome. **Registration is essential in advance by contacting Shane on 029-60633 or 086-8117526 or email: shane.mcHale@irdduhallow.com**

Our Rural Community Health Reading for the Brain Bookclub welcomes new members. We meet every Tuesday at 2.30pm in the James O'Keeffe Institute, Newmarket for book discussion and refreshments.

IRD Duhallow's Rural Community Health Listening Service is a free, one to one, listening session available to all in the community every Monday between 9.00am and 1.00pm. **To book a slot, text or call 086-8117526.**

On Tuesday 16th June the Rural Community Health Project will be present in Kanturk Mart to mark Men's Health Week. The theme this year is "One Step At A Time" encouraging men to focus on progress rather than perfection. We will highlight actionable, small lifestyle changes men can make to improve mental and physical wellbeing.

🌿 Newmarket Afterschools – Summer Camp 2026 🌿

Looking for a fun, engaging summer option for primary school children?

Join Newmarket Afterschools Summer Camp in Newmarket, Co. Cork!

Time: 9am – 1pm Location: Newmarket, Co. Cork (P51 AX67) 6 weeks of camps including:

- Nature Detectives
- Little Chefs
- Whizz Kids

Cost: €85 per week 📁 NCS rate: €42.20 per week

Each week is packed with hands on activities, creativity, and outdoor fun in a safe, friendly environment.

Register now: by emailing newmarketafterschools@irdduhallow.com

Agriculture Working Group

Farming for Water EIP

The Farming for Water EIP, which is led by LAWPRO, and delivered by IRD Duhallow is an Agri-Environmental Programme which is designed to protect and restore water quality. The EIP programme is open to farmers where targeted water quality improvements are needed. Landowners located within the priority catchments are potentially eligible for EIP Funding. The project aims to provide funding for applicants by providing measures that are above the regulatory requirements. **For more information or to find out if you are eligible, please contact our Community Animator, Aidan Suart on 029-60633 or email Aidan.Suart@irdduhallow.com**

Duhallow Social Farming

Duhallow Social Farming offers people with disabilities the opportunity to spend time on a family farm in a healthy, supportive and inclusive environment. Social farming focuses on people's potential rather than limitations, encouraging participants to socialise, gain confidence and build relationships. It creates the opportunity to reconnect farmers with their local communities by opening up their farms as part of a social support system for the community.

Duhallow Social Farming operates as a voluntary model to enable real working relationships and friendships to develop. The farm is not a specialised treatment farm; it remains a typical working farm where people in need of support can benefit from relationship building through farm activities in a non-clinical environment.

Host farmers will be supported with any health and safety adjustments that need to be made for social farming activities, as well as support to access relevant training opportunities.

For more information please contact Ellie Donovan on 029-60633, or email ellie.donovan@irdduhallow.com

Duhallow Social Farming is financed by the Department of Agriculture, Food and the Marine.

Equality Working Group

Duhallow Carers Support Group

The Duhallow Carers Group for family carers meets once a month, offering support training and a space to connect with others who understand the challenges of caring for a loved one. The meeting will take place on **Thursday 4th June** at 8.00pm in the James O'Keeffe Institute, Newmarket. New members are always welcome!

For more information contact Ciarán at 029-60633.

Not sure where to start with work, training or education?

WorkAbility: Inclusive Pathways to Employment

Unlocking Potential Across All Abilities

Inclusive Pathways to Employment programme supports people facing barriers to employment to build confidence, gain qualifications, and take positive steps toward work at their own pace.

We offer: Accredited and non-accredited courses, One-to-one support and guidance, Confidence and skills development, Help exploring employment and progression options and a supportive and understanding environment.

All supports are free of charge.

Please contact **Melissa Holland at 029-60633** or email

melissa.holland@irdduhallow.com



New Directions

Are you feeling isolated? Have you experienced mental health or personal challenges?

If you would like to get socially active again after a set-back, and bring about some positive change in your life, perhaps IRD Duhallow's New Directions initiative is for you.

It provides various supports and guidance for personal development, as well as access to activities such as arts & crafts, our community gardens and social farming. **To join the programme, or simply to find out more, please contact Shane McHale on 029-60633.**

ALCOHOLICS ANONYMOUS - a closed meeting of Alcoholics Anonymous is held in the James O'Keeffe Institute, Newmarket every Sunday morning at 11.30am, Tuesday at 8.30pm and Thursday at 8.30pm.

AI ANON if you are affected by somebody else's drinking, come and hear the experience of others at the James O'Keeffe Institute, Newmarket, every Tuesday at 8.00pm & Thursday at 8.30pm.

IRD Duhallow's Emotional Support & Counselling Service This service is being offered by a number of mature students and pre-accredited Counsellors & Psychotherapists who are working towards their accreditation. This service is provided free of charge. **If you would like to make an appointment or have any enquiries please ring Christine on 087-1179990.**